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# Food and Home Notes

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## "FAMILY LIVING SESSIONS SET" NATIONAL AGRICULTURAL OUTLOOK CONFERENCE

### In This Issue:

- 1 - Outlook Conference
- 2 - On Storing Produce
- 3 - Turkey Time
- 4 - Food Clips Column

A special half-day session in observance of International Women's Year is planned for Tuesday, November 18, as the "kick-off" to the Family Living Sessions of the National Agricultural Outlook Conference. An "Over-view of the goals and events of International Women's Year" will be presented by the featured speaker Dr. Virginia Trotter, Assistant Secretary for Education, Department of Health, Education and Welfare, who was a member of the U.S. delegation to the World Conference of International Women's Year. The program will be held at 8:45 A.M. in the Freer Gallery of Art Auditorium.

The contribution of women to U.S. agriculture and rural community life will be outlined by Dr. Vivian Wiser, a USDA historian. The implications of IWY for Extension will be assessed by Dr. Opal Mann, Assistant Administrator, Home Economics, USDA, with a paper "Sourcebook for Action" prepared jointly with Dr. Frances Magrabi of USDA's Agricultural Research Service.

A panel discussion "Implications for Program and Education" will be presented for interaction and discussion. A wrap-up of ideas and opinions planned by Dr. Beatrice Paolucci, professor, Department of Family Ecology, Michigan State University.

## HOW TO — WHERE TO

## — STORE FRESH GARDEN PRODUCE (PART II) \*

— Potatoes: Sort freshly-dug potatoes to remove diseased or damaged ones and let them "cure" — (that is spread out for about a week in a shady, well-ventilated place such as an open shed or garage). Curing often heals up any minor cuts and skinned places and conditions potatoes for long keeping. Then they may be piled into storage boxes and kept in a darkened, unheated room or basement that is humid and well-ventilated with a temperature of about 40 to 50 degrees F.

In order to recapture their usual flavor, store them at about 70 degrees F. for a week before using them. Remember, to keep potatoes away from the light, which can cause them to turn green and become unsafe to eat.

— Onions: These can be put into mesh bags, spread on wire screens, or hung in bunches in a dry, cool (45 to 50 degrees F.) airy place — such as your attic or an unheated room. Pick only sound mature onions for storage. Cure them first for 3 or 4 weeks in an open garage (or barn) to dry them out — the stronger the onion smells, the better it will keep. Note: Green onions can be stored no longer than 1 or 2 weeks in plastic bags in the refrigerator.

— Sweet potatoes, pumpkins, and winter squash: Cellar or outdoor -pit storage is too cold and wet for those. Cure first, except for Acorn squash then store at 55 to 60 degrees F. Shelves along coolest wall of heated basement usually make an excellent place to store winter squash and pumpkins, but sweet potatoes need air that is more moist.

— By Jay Hensley, University of Kentucky specialist.

— (For more information on storing garden produce — visit, or call your local county Extension Office. Additional information relevant to farm produce should be considered by individual areas and cannot be handled through Food and Home Notes. )

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Part one on Storage was printed in October 27 issue, Food and Home Notes.



## TURKEY TALK —

Remember the "Beltsville" turkey? It was a small family-sized bird — from 6 to 8 pounds — with plenty of white meat. Back about 30 years ago, when it was developed by scientists at the U.S. Department of Agriculture's Beltsville Agricultural Research Center in Maryland, it was in favor with families wanting a small bird with white meat and little waste. Today — even those smaller families want a bigger and meatier bird.

Over the years, changing styles and eating habits created a demand for larger birds — so, even the "apartment-sized" turkey lost ground in the market place. Today, American families are eating turkeys that average about 15 pounds ready to cook weight. More than 123 million turkeys were Federally inspected in 1973 — and nearly 127 million in 1974.

It's possible to raise and market very large turkeys weighing in the neighborhood of 100 or more pounds according to the Agricultural Research Service. Of course, birds of this size wouldn't be intended for family use — but could be used by institutions serving large numbers of people. A lot of turkey meat these days goes into rolls, sausages and patties because turkey meat is a relatively inexpensive source of good, high-quality protein.

Smaller turkeys, however, are not completely out of the market arena because some people still want them for barbecuing and for turkey parts these days. A kind of pedigree registration process — the National Poultry Improvement Plan — maintains records on breeding and disease control of the nation's breeding flocks. Only about 10 percent of the 3.1 million registered in 1973 were of the smaller Beltsville type.

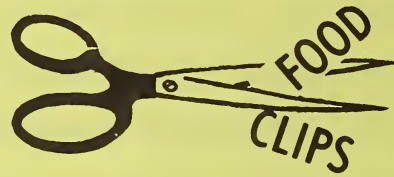
One of the problems that breeders face in raising their birds is the poor ability of the male turkey to reproduce. — More →

## TURKEY TALK (CON'T)

But, even in this, there are problems with the turkey semen which, for best performance, is viable only 30 to 40 minutes. Dr. Tom Sexton, research physiologist at Beltsville is very much involved in looking for ways to extend the life of the semen so it can be used over longer periods of time. Development of procedures for freezing and indefinite storage could save millions of dollars for industry and ultimately provide cheaper turkey meat for the consumer.

The female problems — she is only a seasonal breeder — is one of the concerns also and Dr. Howard Opal, USDA scientist at Beltsville, is working in this area.

Consumers today, however, are getting a much tastier bird with more of the white meat than ever before.



Use tart or slightly acid-apple varieties (such as Grimes Golden, Jonathan or Newtown) for making pies and applesauce. But, if you're baking apples make sure you use the firmer-fleshed varieties—Rome, Beauty, Northern, Spy, Rhode Island Greening or Winesap.

\* \* \*

Apples must be mature when picked to have a good flavor, texture, and storing ability, according to U.S. Department of Agriculture marketing specialists.

\* \* \*

Overripe apples should be avoided. You can find out by slight pressure on the skin of the apple — if it appears to be soft and mealy — it's overripe. Apples affected by freeze usually have bruised areas — but irregular shaped tan or brown areas (called "scald") will not seriously affect the eating quality of the apple.

\* \* \*

Good eating apples commonly available are Delicious, McIntosh, Stayman, Golden Delicious or Winesap. They should look firm, crisp and well-colored too.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898